

WHAT IS CLAIMED IS:

1. An exercise device, comprising:

a first handheld element having a first surface thereon;

a second handheld element having a second opposing surface thereon;

a biasing mechanism disposed between said first handheld element and said second handheld element that applies a force that opposes the alignment of said first surface with said second opposing surface.

2. The device according to Claim 1, wherein said first handheld element and said second handheld element each weigh between two pounds and twenty five pounds.

3. The device according to Claim 1, wherein said first handheld element is symmetrically disposed around a first linear axis and said second handheld element is symmetrically disposed around a second linear axis, wherein said first linear axis and said second linear axis are aligned when said first surface is aligned with

said second opposing surface.

4. The device according to Claim 1, further including an alignment mechanism that indicates when said first surface is aligned with said second opposing surface.

5. The device according to Claim 4, wherein said alignment mechanism includes mechanical structures on said first surface and said second opposing surface that interconnect when said first surface and said second opposing surface are aligned and biased against each other.

6. The device according to Claim 4, wherein said alignment mechanism includes a light source disposed in said first handheld element and a light detector disposed in said second handheld element, wherein said light detector detects light from said light source when said first surface is aligned with said second opposing surface.

7. The device according to Claim 1, wherein said biasing mechanism includes at least one elastic element

coupled to both said first handheld element and said second handheld element, wherein said elastic element is stretched when said first surface is aligned with said second opposing surface.

8. The device according to Claim 7, wherein said first handheld element is elongated having said first surface at one end and said elastic element engaging said first handheld element at a point proximate an end opposite said first surface.

9. The device according to Claim 8, wherein said second handheld element is elongated having said second opposing surface at one end and said elastic element engaging said second handheld element at a point proximate an end opposite said second opposing surface.

10. The device according to Claim 7, wherein said elastic element is selected from a group consisting of elastic cords and springs.

11. The device according to Claim 1, wherein said

biasing mechanism includes magnets disposed in said first handheld element and said second handheld element that repel each other when said first surface is brought into close proximity with said second opposing surface.

12. An exercise device, comprising:

a first handheld element having a first handle section thereon, wherein said first handle element has a first center of gravity;

a second handheld element having a second handle section thereon, wherein said second handle element has a second center of gravity;

a biasing mechanism that applies a force to said first handheld element and said second handheld element that opposes the positioning of said first handheld element and said second handheld element in a predetermined orientation.

13. The device according to Claim 12, wherein said biasing mechanism applies a force to said first handheld element and said second handheld element that biases said first handheld element and said second handheld element to rotate about said first center of gravity and said

second center of gravity respectively, when said first handheld element and said second handheld element are in said predetermined orientation.

14. The device according to Claim 12, further including an alignment mechanism that indicates when said first handheld element and said second handheld element are in said predetermined orientation.

15. A method of exercising comprising the steps of:

- providing a first handheld element;
- providing a second handheld element, wherein a biasing mechanism provides a force that acts to oppose the positioning of said first handheld element and said second handheld element in a predetermined orientation;
- holding said first handheld object in one hand;
- holding said second handheld object in the other hand;
- manually orienting said first handheld element and said second handheld element into said predetermined orientation.

16. The method according to Claim 15, further including

the step of providing an alignment mechanism that provides an indication of when said first handheld element and said second handheld element are in said predetermined orientation.

17. The method according to Claim 15, wherein said biasing mechanism includes an elastic element that extends between said first handheld element and said second handheld element.

18. The method according to Claim 15, wherein said biasing mechanism includes magnets disposed in said first handheld element and said second handheld element.